

## 3-4-50: Chronic Disease Deaths in San Diego County – East Region, 2000-2012

### What is 3-4-50?

Chronic diseases are now the major cause of death and disability worldwide, having surpassed infectious diseases and injuries. This reflects an improvement in the prevention and treatment of infectious diseases and significant changes in dietary habits, physical activity levels, and tobacco use in the population.<sup>1</sup> **Three** behaviors (poor diet, physical inactivity, and tobacco use) contribute to **four** chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and pulmonary diseases such as asthma) that cause over **50** percent of all deaths worldwide. This is the foundation of the 3-4-50 concept.<sup>2</sup> The influence of these three unhealthy behaviors may be seen in San Diego County as these four chronic diseases are the most common causes of death and disability in our region. Considered together, the 3-4-50 diseases cost \$4 billion in direct treatment expenditures in San Diego County in 2007.<sup>3</sup>

### 3-4-50 in San Diego County

From 2000 to 2012, there has been a decrease in the percentage of County deaths due to chronic disease, as well as a decrease in the rate of chronic disease related deaths. In 2000, 63% of all deaths were due to chronic disease. However, by 2012, the percentage had decreased to 54%. In addition, the rate of chronic disease deaths decreased from 440.6 per 100,000 in 2000 to 346.2 per 100,000 in 2012. Among the Regions, the South Region had the highest percentage of deaths due to chronic disease in every year from 2000 to 2012. However, the South Region also had the lowest number of deaths from all causes in the County during the 2000-2009 period and second lowest after Central Region during 2010-2012. The rate of death due to chronic disease was highest in the East Region and lowest in the Central Region for each year from 2000 to 2012. Within the Regions there were considerable differences in the percentage of deaths due to chronic disease among the Subregional Areas (SRAs), as well as in chronic disease death rates. More detailed information is provided in the following tables and graphs.

## Understanding Public Health Data

This document presents San Diego County death statistics on stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD), asthma, and cancer from 2000 – 2012.

- A percentage is a way to express how small or large a quantity is relative to another quantity.
- A rate is the number of cases divided by the population, usually multiplied by a constant. For example 987 cases, divided by population of 654,321 would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150-151 cases would be expected.

Both measures are provided to give a more balanced look at the burden of chronic disease within the County. Percentages allow for the comparison of the number chronic disease deaths relative to the number of deaths overall. Percentages are influenced by both the number of chronic disease deaths and the number of all cause deaths. It is important to keep this in mind when interpreting the data. For example, two Regions could have the same number of chronic disease deaths, but could have completely different percentages of chronic disease deaths based on the number all cause deaths in each area.

	Region A	Region B
Number of Chronic Disease Deaths	50	50
Number of All Cause Deaths	100	80
Percentage of Deaths Due to Chronic Disease	$(50/100)*100\% = 50\%$	$(50/80)*100\% = 62.5\%$

Rates were calculated to allow for comparison of between Regions, accounting for the size of the each area's population.

---

<sup>1</sup> World Health Organization (WHO). "The Global Strategy on Diet, Physical Activity and Health." [http://www.who.int/dietphysicalactivity/media/en/gsf\\_general.pdf](http://www.who.int/dietphysicalactivity/media/en/gsf_general.pdf) (Accessed September 22, 2011).

<sup>2</sup> 3Four50, [www.3four50.com](http://www.3four50.com) (Accessed September 22, 2011).

<sup>3</sup> County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, "Economic Burden of Chronic Disease" (September 2010).

### 3-4-50 Deaths in San Diego County – East Region, 2000-2012

The following tables and charts display trends in chronic disease deaths for the East Region of San Diego County.

3-4-50 Death† Percentages Among San Diego County Residents - East Region, 2000-2012													
By SRA													
Area	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
San Diego County <sup>a</sup>	63%	63%	61%	60%	59%	58%	57%	57%	56%	56%	56%	54%	54%
East Region	64%	65%	62%	61%	59%	59%	58%	59%	57%	54%	56%	55%	55%
SRA													
Alpine	61%	68%	68%	61%	63%	56%	57%	62%	60%	52%	50%	46%	56%
El Cajon	63%	65%	58%	60%	57%	60%	56%	60%	58%	52%	55%	55%	56%
Harbison Crest/El Cajon**	64%	65%	61%	60%	58%	60%	57%	59%	58%	53%	56%	55%	56%
Jamul	70%	69%	59%	57%	54%	57%	55%	54%	58%	61%	59%	57%	54%
La Mesa	65%	62%	64%	64%	59%	57%	54%	58%	57%	55%	53%	55%	54%
Laguna-Pine Valley	56%	73%	53%	53%	63%	64%	64%	61%	57%	65%	76%	61%	73%
Lakeside	66%	66%	66%	62%	60%	63%	65%	57%	58%	60%	52%	57%	58%
Lemon Grove	60%	64%	65%	62%	62%	56%	61%	59%	51%	52%	58%	51%	48%
Mountain Empire	66%	72%	62%	74%	67%	61%	56%	59%	62%	53%	66%	52%	39%
Santee	66%	68%	65%	62%	59%	61%	62%	61%	57%	57%	58%	56%	56%
Spring Valley	64%	65%	59%	58%	58%	54%	55%	56%	54%	53%	59%	58%	59%

\*\*Harbison Crest/El Cajon is an aggregation of the Harbison Crest and El Cajon SRAs. Due to geographic limitations, the Harbison Crest SRA is not shown alone. See the Data Guide for more information.

<sup>a</sup>Deaths with unknown Region or SRA are reflected in the county total, but not in the individual categories. Category sums may not add up to county total.

† 3-4-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer.

§ Rates and Percentages not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

Source: Death Statistical Master Files (CA DPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2012.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 2014.

3-4-50 Death† Rates* Among San Diego County Residents - East Region, 2000-2012													
By SRA													
Area	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
San Diego County <sup>a</sup>	440.6	435.2	402.8	402.7	386.7	373.8	357.8	353.1	347.5	336.6	347.0	347.0	346.2
East Region	517.7	539.1	491.5	504.0	458.6	456.5	451.4	455.7	452.1	417.1	423.7	436.7	434.1
SRA													
Alpine	352.4	601.0	592.8	463.3	509.2	400.5	415.8	481.7	566.1	410.1	425.7	343.0	453.2
El Cajon	393.8	439.2	370.7	404.4	374.9	406.5	385.0	402.4	397.0	344.3	349.3	372.8	380.0
Harbison Crest/El Cajon**	330.6	355.6	310.2	309.7	292.1	310.0	294.8	307.0	298.5	272.7	280.2	285.0	291.8
Jamul	530.3	593.7	535.7	508.0	454.1	385.2	455.4	420.5	441.0	460.5	321.8	409.6	320.8
La Mesa	885.9	763.3	773.9	836.2	691.0	690.4	626.0	649.7	674.1	571.1	539.8	633.5	618.3
Laguna-Pine Valley	172.3	153.5	192.2	159.9	238.9	176.7	356.9	216.5	155.2	194.5	246.3	194.9	282.9
Lakeside	373.2	350.4	331.6	369.6	288.2	305.7	345.1	305.8	342.4	339.4	282.0	335.3	328.4
Lemon Grove	399.3	530.5	447.2	519.7	464.5	473.6	434.1	422.7	363.1	379.1	389.1	364.0	318.9
Mountain Empire	724.7	605.5	630.8	819.5	763.7	569.7	529.5	598.3	721.0	651.0	553.4	458.5	362.0
Santee	441.0	493.6	419.6	436.1	393.5	383.7	385.9	410.7	358.3	355.6	424.2	375.3	404.2
Spring Valley	295.8	316.3	287.6	267.8	273.6	247.7	275.7	258.6	255.6	249.1	287.7	288.7	268.8

\* Rates per 100,000 population.

\*\*Harbison Crest/El Cajon is an aggregation of the Harbison Crest and El Cajon SRAs. Due to geographic limitations, the Harbison Crest SRA is not shown alone. See the Data Guide for more information.

<sup>a</sup>Deaths with unknown Region or SRA are reflected in the county total, but not in the individual categories. Category sums may not add up to county total.

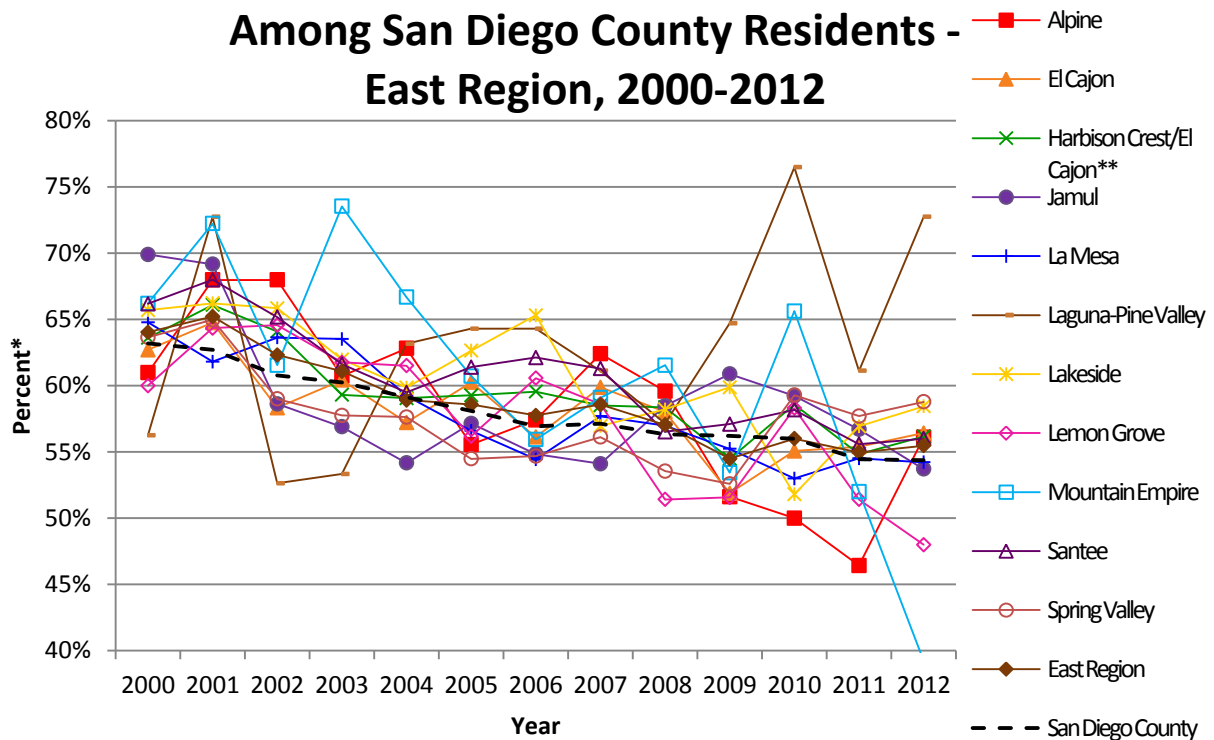
† 3-4-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer.

§ Rates and Percentages not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

Source: Death Statistical Master Files (CA DPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2012.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 2014.

## 3-4-50 Death<sup>†</sup> Percentages\* Among San Diego County Residents - East Region, 2000-2012



\*3-4-50 deaths as a percentage of all cause deaths.

†3-Four-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer.

§Percents not calculated for fewer than 5 events. Percents not calculated in cases where zip code is unknown.

‡Percents not shown due to fewer than 5 events.

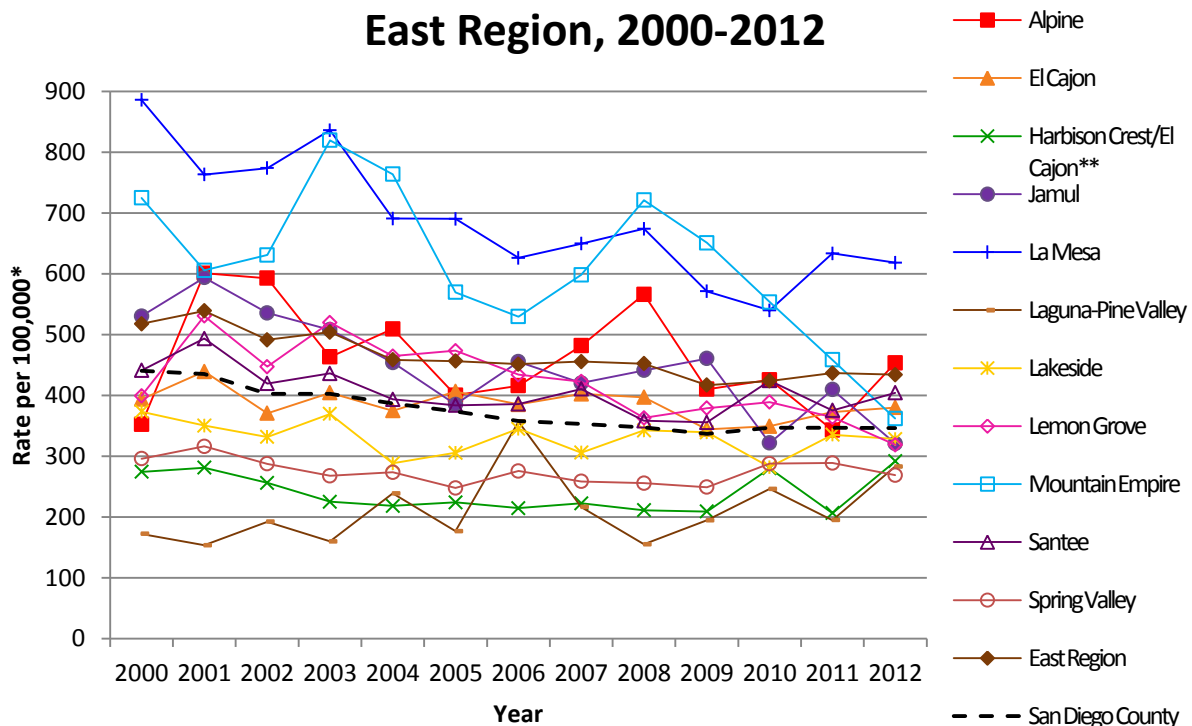
Source: Death Statistical Master Files (CA DPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Branch; SANDAG, Current Population Estimates, 10/2012.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 2014.

### 3-4-50 in the East Region:

- Overall, the percentage of deaths due to chronic disease decreased in the East Region and its Subregional Areas (SRAs) from 2000 – 2012.
- Compared to the County, the East Region had higher percentages of deaths due to chronic disease in every year from 2000 – 2012. However, the East Region had a lower percentage of deaths due to chronic disease in 2009 and comparable percentage in 2010 compared to the County.
- Among the East Region SRAs, Jamul had the highest percentage of deaths due to chronic disease in 2000. In 2012, Laguna-Pine Valley had the highest percentage of deaths due to chronic disease.
- Among the East Region SRAs, Laguna-Pine Valley had the lowest percentage of deaths due to chronic disease in 2000. Mountain Empire and Lemon Grove had the lowest percentages of deaths due to chronic disease in 2012.

### 3-4-50 Death<sup>†</sup> Rates Among San Diego County Residents - East Region, 2000-2012



\*3-4-50 deaths as a percentage of all cause deaths.

†3-Four-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer.

§Rates not calculated for fewer than 5 events. Percents not calculated in cases where zip code is unknown.

‡Rates not shown due to fewer than 5 events.

Source: Death Statistical Master Files (CA DPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Branch: SANDAG, Current Population Estimates, 10/2012.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHS), Community Health Statistics, 2014.

#### 3-4-50 in the East Region:

- Overall, the chronic disease death rate decreased in the East Region and its SRAs from 2000 – 2012.
- Among the East Region SRAs, La Mesa and Mountain Empire had the highest chronic disease death rates in every year from 2000-2011. However, in 2012, La Mesa and Alpine had the highest chronic disease rates among the East Region SRAs.
- Among the East Region SRAs, Laguna-Pine Valley tended to have the lowest chronic disease death rates from 2000 – 2012, in each year.